



**CABINET FOR HEALTH AND FAMILY SERVICES
DEPARTMENT FOR PUBLIC HEALTH**

**GUIDANCE FOR USE OF MASKS – FOR PEOPLE NOT IN HEALTHCARE
2009 H1N1 INFLUENZA (SWINE FLU)
OCTOBER 7, 2009**

FOR HEALTHY PEOPLE – HOW TO AVOID GETTING THE FLU

IN YOUR COMMUNITY:

- Masks are not recommended
- EXCEPT: “high-risk people” (see below) in crowded areas
→ if you cannot avoid crowded areas, then consider using a mask

IN YOUR HOME:

- Masks are not recommended
- EXCEPT: “high-risk people” (see below) taking care of someone with the flu
→ if you cannot avoid the person with the flu, then consider using a mask

AT WORK (NOT IN HEALTHCARE SETTINGS):

- Masks are not recommended
- EXCEPT: if you are in close contact with people at work who have the flu
→ if you cannot avoid the people with the flu, then consider using a mask

FOR SICK PEOPLE – HOW TO AVOID SPREADING THE FLU

USE A MASK IF POSSIBLE:

- In your home (with common spaces)
- At work (not in healthcare settings)
- While breastfeeding

IF A MASK IS NOT POSSIBLE:

- Wash your hands frequently with warm soapy water
- Use a tissue to cover coughs and sneezes
- Stay at least six feet away from other people

“HIGH-RISK PEOPLE”

- 1) Children younger than 5 years old
- 2) People younger than 18 years old who take aspirin everyday
- 3) People ages 65 years old and older
- 4) Pregnant women
- 5) People with weakened immune systems (from HIV/AIDS or from certain medications)
- 6) People with certain lifelong conditions (like asthma, diabetes, or heart disease)

Website: <http://www.cdc.gov/h1n1flu/masks.htm> (CDC: Centers for Disease Control and Prevention)